

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Fluoride, F (µg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: September 18, 2016 04:44 EDT

NDB_No	Description	Fluoride, F(µg) Value Per
14370	Beverages, tea, instant, lemon, sweetened, powder	584,00
14355	Beverages, tea, black, brewed, prepared with tap water	372,90
14367	Beverages, tea, instant, unsweetened, prepared with water	335,40
09298	Raisins, seedless	233,90
15141	Crustaceans, crab, blue, canned	209,90
14106	Alcoholic beverage, wine, table, white	202,00
14160	Alcoholic beverage, wine, table, white, Chardonnay	202,00
15152	Crustaceans, shrimp, mixed species, canned	201,00
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	166,00
14084	Alcoholic beverage, wine, table, all	153,30
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	138,00
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	138,00
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	138,00
06725	Soup, chicken corn chowder, chunky, ready-to-serve, single brand	132,00
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	123,00
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	115,80
01069	Cream substitute, powdered	112,00
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	105,50
42283	Snacks, potato chips, white, restructured, baked	105,50
14096	Alcoholic beverage, wine, table, red	104,60
14602	Alcoholic Beverage, wine, table, red, Merlot	104,60
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	104,50
06116	Gravy, beef, canned, ready-to-serve	99,20
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	94,60
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	93,40
14209	Beverages, coffee, brewed, prepared with tap water	90,70
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	89,90
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	88,90
43514	Frozen novelties, ice type, pop, with low calorie sweetener	88,90

NDB_No	Description	Fluoride, F(µg) Value Per
14142	Beverages, carbonated, grape soda	86,30
14238	Beverages, cranberry-apple juice drink, bottled	82,70
14155	Beverages, carbonated, tonic water	82,50
14429	Beverages, water, tap, municipal	81,10
14150	Beverages, carbonated, orange	80,60
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	78,00
43346	Frozen novelties, juice type, orange	77,00
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	76,60
19283	Frozen novelties, ice type, pop	73,90
19300	Jellies	73,00
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	72,20
09443	Juice, apple and grape blend, with added ascorbic acid	72,10
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	71,60
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	71,60
14411	Beverages, water, tap, drinking	71,20
14157	Beverages, carbonated, root beer	71,00
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	70,70
14219	Beverages, coffee, instant, decaffeinated, prepared with water	70,50
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	70,20
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	70,10
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	70,10
06480	Soup, chicken broth or bouillon, dry, prepared with water	70,00
14054	Beverages, almond milk, chocolate, ready-to-drink	69,20
19173	Gelatin desserts, dry mix, prepared with water	69,10
18184	Cookies, oatmeal, prepared from recipe, with raisins	69,00
03048	Babyfood, macaroni and cheese, toddler	68,40
14242	Cranberry juice cocktail, bottled	67,30
03268	Babyfood, juice, apple and cherry	67,00
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	66,70
14297	Beverages, lemonade-flavor drink, powder, prepared with water	66,20
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	65,70
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	65,70
03089	Babyfood, dinner, macaroni and cheese, strained	65,60
14241	Beverages, cranberry-grape juice drink, bottled	65,00
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	65,00
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	64,50

NDB_No	Description	Fluoride, F(µg) Value Per
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	64,30
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	63,50
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	63,00
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	62,00
43535	Babyfood, juice, apple - cherry	61,60
14194	Beverages, Cocoa mix, powder, prepared with water	61,40
19411	Snacks, potato chips, plain, salted	61,30
25064	Snacks, potato chips, lightly salted	61,30
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	61,10
06413	Soup, chicken broth, canned, prepared with equal volume water	61,00
09294	Prune juice, canned	60,20
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	59,80
14400	Beverages, carbonated, cola, fast-food cola	57,00
22905	Beef stew, canned entree	56,50
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	56,00
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	55,90
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	55,40
11295	Onion rings, breaded, par fried, frozen, unprepared	55,00
42270	Beverages, Orange juice drink	54,80
06018	Soup, chunky chicken noodle, canned, ready-to-serve	54,50
16009	Beans, baked, canned, with pork	54,00
14264	Beverages, fruit punch drink, without added nutrients, canned	53,60
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	52,40
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	52,00
19003	Snacks, corn-based, extruded, chips, plain	51,90
19056	Snacks, tortilla chips, plain, white corn, salted	51,90
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	51,00
18060	Bread, rye	51,00
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	50,90
08113	Cereals, farina, enriched, cooked with water, without salt	50,70
08173	Cereals, farina, enriched, cooked with water, with salt	50,70
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	50,50
18082	Bread stuffing, bread, dry mix, prepared	49,90
11365	Potatoes, boiled, cooked in skin, flesh, without salt	49,40
11831	Potatoes, boiled, cooked in skin, flesh, with salt	49,40
14327	Beverages, orange and apricot juice drink, canned	49,20

NDB_No	Description	Fluoride, F(µg) Value Per
14334	Beverages, pineapple and grapefruit juice drink, canned	49,20
14341	Beverages, pineapple and orange juice drink, canned	49,20
18069	Bread, white, commercially prepared (includes soft bread crumbs)	48,90
11125	Carrots, cooked, boiled, drained, without salt	47,50
11757	Carrots, cooked, boiled, drained, with salt	47,50
14006	Alcoholic beverage, beer, light	45,30
11356	Potatoes, Russet, flesh and skin, baked	45,20
03265	Babyfood, juice, apple and grape	45,00
09123	Grapefruit juice, white, canned or bottled, unsweetened	44,90
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	44,40
14003	Alcoholic beverage, beer, regular, all	44,20
11390	Potatoes, hash brown, frozen, plain, unprepared	43,70
03016	Babyfood, meat, turkey, junior	43,60
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	43,50
06742	Soup, vegetable beef, microwavable, ready-to-serve, single brand	42,70
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	42,50
14250	Beverages, AMBER, hard cider	42,20
07002	Beerwurst, beer salami, pork and beef	41,20
07003	Beerwurst, beer salami, pork	41,20
07068	Salami, cooked, beef	41,20
07069	Salami, cooked, beef and pork	41,20
07070	Salami, cooked, turkey	41,20
07913	Salami, pork, beef, less sodium	41,20
07926	Salami, Italian, pork	41,20
20045	Rice, white, long-grain, regular, enriched, cooked	41,10
03024	Babyfood, water, bottled, GERBER, without added fluoride.	40,50
15167	Mollusks, oyster, eastern, wild, raw	40,50
42186	Frozen yogurts, chocolate	40,00
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	39,60
42279	Babyfood, peas and brown rice	39,40
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	39,10
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	39,00
11458	Spinach, cooked, boiled, drained, without salt	37,80
11854	Spinach, cooked, boiled, drained, with salt	37,80
11579	Vegetables, mixed, canned, solids and liquids	37,00
11581	Vegetables, mixed, canned, drained solids	37,00

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43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	37,00
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	36,40
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	36,40
06426	Soup, chili beef, canned, prepared with equal volume water	36,30
07032	Ham and cheese loaf or roll	36,30
03129	Babyfood, fruit, bananas with tapioca, strained	36,20
03280	Babyfood, fruit, bananas with tapioca, junior	36,00
07007	Bologna, beef	36,00
07008	Bologna, beef and pork	36,00
07010	Bologna, pork	36,00
07011	Bologna, turkey	36,00
07937	Bologna, pork, turkey and beef	36,00
07952	Bologna, chicken, turkey, pork	36,00
07959	Bologna, chicken, pork, beef	36,00
07960	Bologna, chicken, pork	36,00
01205	Cream substitute, flavored, liquid	35,90
06402	Soup, black bean, canned, prepared with equal volume water	35,60
01042	Cheese, pasteurized process, American, fortified with vitamin D	35,00
01046	Cheese food, pasteurized process, American, vitamin D fortified	35,00
01048	Cheese spread, pasteurized process, American	35,00
01253	Cheese, pasteurized process, American, without added vitamin D	35,00
01254	Cheese food, pasteurized process, American, without added vitamin D	35,00
14130	Carbonated beverage, cream soda	35,00
01009	Cheese, cheddar	34,90
01168	Cheese, low fat, cheddar or colby	34,90
01169	Cheese, low-sodium, cheddar or colby	34,90
11549	Tomato products, canned, sauce	34,90
43217	Tomato sauce, canned, no salt added	34,90
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	34,40
02030	Spices, pepper, black	34,20
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	34,00
14282	Beverages, grape juice drink, canned	32,10
03120	Babyfood, vegetables, corn, creamed, junior	32,00
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	32,00
01012	Cheese, cottage, creamed, large or small curd	31,60
01013	Cheese, cottage, creamed, with fruit	31,60

NDB_No	Description	Fluoride, F(µg) Value Per
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	31,60
01016	Cheese, cottage, lowfat, 1% milkfat	31,60
11372	Potatoes, scalloped, home-prepared with butter	31,50
11844	Potatoes, scalloped, home-prepared with margarine	31,50
09207	Orange juice, canned, unsweetened	31,30
21224	Pizza, cheese topping, regular crust, frozen, cooked	31,30
14384	Beverages, water, bottled, PERRIER	31,00
15119	Fish, tuna, light, canned in oil, drained solids	31,00
15124	Fish, tuna, white, canned in oil, drained solids	31,00
15183	Fish, tuna, light, canned in oil, without salt, drained solids	31,00
15185	Fish, tuna, white, canned in oil, without salt, drained solids	31,00
11937	Pickles, cucumber, dill or kosher dill	30,10
11947	Pickles, cucumber, dill, reduced sodium	30,10
04640	Salad dressing, ranch dressing, reduced fat	29,10
03069	Babyfood, dinner, chicken noodle, junior	29,00
06008	Soup, beef broth or bouillon canned, ready-to-serve	29,00
06930	Sauce, cheese, ready-to-serve	29,00
11174	Corn, sweet, yellow, canned, cream style, regular pack	28,00
11906	Corn, sweet, white, canned, cream style, regular pack	28,00
21202	Fast foods, hamburger, large, single patty, with condiments	28,00
03279	Babyfood, dinner, mixed vegetable, junior	27,00
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	27,00
08157	Cereals ready-to-eat, wheat, puffed, fortified	27,00
19074	Candies, caramels	27,00
11082	Beets, canned, regular pack, solids and liquids	26,30
11084	Beets, canned, drained solids	26,30
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	26,00
14412	Beverages, water, tap, well	25,80
19924	Syrup, NESTLE, chocolate	25,70
42187	Frozen yogurts, flavors other than chocolate	25,70
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	25,60
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	25,60
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	25,60
18968	Bagels, wheat	24,10
14438	Beverages, water, bottled, non-carbonated, CRYSTAL GEYSER	24,00
03121	Babyfood, vegetables, peas, strained	22,80

NDB_No	Description	Fluoride, F(µg) Value Per
19270	Ice creams, chocolate	22,80
13001	Beef, carcass, separable lean and fat, choice, raw	22,40
13002	Beef, carcass, separable lean and fat, select, raw	22,40
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	22,40
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	22,40
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	22,40
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	22,40
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	22,40
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	22,40
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	22,40
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	22,40
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	22,40
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	22,40
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	22,40
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	22,40
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	22,40
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	22,40
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	22,40
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	22,40
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	22,40
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	22,40
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	22,40
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	22,40
19364	Toppings, butterscotch or caramel	22,40
23567	Beef, ground, 85% lean meat / 15% fat, raw	22,40
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	22,40
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	22,40
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	22,40
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	22,40
23220	Beef, ground, unspecified fat content, cooked	22,30
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	22,00
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	22,00
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	22,00
11012	Asparagus, cooked, boiled, drained	21,90
11705	Asparagus, cooked, boiled, drained, with salt	21,90
03054	Babyfood, dinner, vegetables and beef, junior	21,50

NDB_No	Description	Fluoride, F(µg) Value Per
01130	Egg, whole, cooked, omelet	21,20
07058	Pickle and pimiento loaf, pork	21,00
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	21,00
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	20,90
13355	Beef, cured, pastrami	20,30
03083	Babyfood, dinner, turkey and rice, junior	20,00
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	20,00
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	19,80
09214	Orange juice, frozen concentrate, unsweetened, undiluted	19,80
03168	Babyfood, juice, apple and peach	19,00
08156	Cereals ready-to-eat, rice, puffed, fortified	19,00
11052	Beans, snap, green, raw	19,00
14407	Beverages, orange-flavor drink, breakfast type, powder	19,00
19297	Jams and preserves	19,00
15121	Fish, tuna, light, canned in water, drained solids	18,60
15184	Fish, tuna, light, canned in water, without salt, drained solids	18,60
04020	Salad dressing, french dressing, reduced fat	18,10
03122	Babyfood, peas, dices, toddler	18,00
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	18,00
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	18,00
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	18,00
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	18,00
20120	Pasta, dry, enriched	18,00
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	17,50
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	16,90
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16,10
03091	Babyfood, vegetables, green beans, strained	16,00
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	16,00
16090	Peanuts, all types, dry-roasted, with salt	16,00
05337	USDA Commodity, Chicken, canned, meat only, with water	15,80
19095	Ice creams, vanilla	15,40
11935	Catsup	15,10
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	14,70
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	14,70
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	14,70
05112	Chicken, roasting, meat and skin, cooked, roasted	14,70

NDB_No	Description	Fluoride, F(µg) Value Per
05136	Chicken, capons, meat and skin, cooked, roasted	14,70
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	14,70
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	14,60
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	14,60
14439	Water, bottled, non-carbonated, NAYA	14,40
03062	Babyfood, dinner, vegetables and ham, junior	14,00
14347	Shake, fast food, vanilla	14,00
03171	Babyfood, juice, apple and prune	13,00
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	12,20
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	12,00
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	12,00
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	12,00
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	12,00
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	12,00
01187	Yogurt, chocolate, nonfat milk	12,00
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	12,00
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	12,00
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	12,00
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	12,00
03092	Babyfood, vegetables, green beans, junior	12,00
03100	Babyfood, vegetables, carrots, junior	12,00
03140	Babyfood, fruit dessert, mango with tapioca	12,00
03166	Babyfood, juice, apple	12,00
09036	Apricot nectar, canned, without added ascorbic acid	11,90
09251	Peach nectar, canned, without added ascorbic acid	11,90
09262	Pear nectar, canned, without added ascorbic acid	11,90
09403	Apricot nectar, canned, with added ascorbic acid	11,90
09407	Peach nectar, canned, with added ascorbic acid	11,90
09408	Pear nectar, canned, with added ascorbic acid	11,90
25062	Snack, Mixed Berry Bar	11,50
07016	Cheesefurter, cheese smokie, pork, beef	11,20
14432	Beverages, water, bottled, non-carbonated, DANNON	10,90
15147	Crustaceans, lobster, northern, raw	10,60
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	10,40
14559	Beverages, water, bottled, non-carbonated, EVIAN	10,40
03109	Babyfood, vegetables, sweet potatoes, junior	10,00

NDB_No	Description	Fluoride, F(µg) Value Per
03169	Babyfood, apple-cranberry juice	10,00
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	10,00
12142	Nuts, pecans	10,00
14385	Beverages, water, bottled, POLAND SPRING	10,00
03011	Babyfood, meat, lamb, junior	9,80
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	9,40
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	9,20
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	9,00
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	9,00
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	9,00
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	9,00
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	9,00
03133	Babyfood, fruit, pears, junior	9,00
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	8,90
01251	Cheese, Mexican blend	8,70
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	8,50
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	8,50
01153	Milk, canned, evaporated, with added vitamin A	8,50
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	8,50
13350	Beef, cured, dried	8,40
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT SELTS	8,20
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	8,10
03085	Babyfood, dinner, vegetables and turkey, junior	8,00
03228	Babyfood, dessert, peach cobbler, junior	8,00
11659	Sweet potato, cooked, candied, home-prepared	8,00
09132	Grapes, red or green (European type, such as Thompson seedless), raw	7,80
09257	Pears, canned, heavy syrup pack, solids and liquids	7,50
09374	Pears, canned, heavy syrup, drained	7,50
14437	Beverages, water, bottled, non-carbonated, CALISTOGA	7,30
09037	Avocados, raw, all commercial varieties	7,00
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	7,00
11439	Sauerkraut, canned, solids and liquids	7,00
19296	Honey	7,00
20121	Pasta, cooked, enriched, without added salt	7,00
11540	Tomato juice, canned, with salt added	6,90
11886	Tomato juice, canned, without salt added	6,90

NDB_No	Description	Fluoride, F(µg) Value Per
09241	Peaches, canned, heavy syrup pack, solids and liquids	6,80
09370	Peaches, canned, heavy syrup, drained	6,80
11214	Escarole, cooked, boiled, drained, no salt added	6,70
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	6,70
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	6,60
11399	Potato puffs, frozen, oven-heated	6,30
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	6,30
03090	Babyfood, dinner, macaroni and cheese, junior	6,00
11429	Radishes, raw	6,00
20110	Noodles, egg, enriched, cooked	6,00
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	5,50
19088	Ice creams, vanilla, light	5,30
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	5,20
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	5,20
07979	Sausage, pork, turkey, and beef, reduced sodium	5,10
11531	Tomatoes, red, ripe, canned, packed in tomato juice	5,10
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	5,10
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	5,10
19134	Candies, milk chocolate, with rice cereal	5,10
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	5,00
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	5,00
19120	Candies, milk chocolate	5,00
19163	Chewing gum	5,00
01129	Egg, whole, cooked, hard-boiled	4,80
07021	Dutch brand loaf, chicken, pork and beef	4,70
11658	Spinach souffle	4,70
09316	Strawberries, raw	4,40
44158	Pie fillings, blueberry, canned	4,40
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	4,30
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	4,20
09268	Pineapple, canned, juice pack, solids and liquids	4,20
01088	Milk, buttermilk, fluid, cultured, lowfat	4,00
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	4,00
03246	Babyfood, dessert, custard pudding, vanilla, junior	4,00
09236	Peaches, yellow, raw	4,00
09291	Plums, dried (prunes), uncooked	4,00

NDB_No	Description	Fluoride, F(µg) Value Per
11091	Broccoli, cooked, boiled, drained, without salt	4,00
11143	Celery, raw	4,00
11742	Broccoli, cooked, boiled, drained, with salt	4,00
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	4,00
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	3,40
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	3,40
12151	Nuts, pistachio nuts, raw	3,40
09003	Apples, raw, with skin	3,30
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	3,30
03009	Babyfood, meat, ham, junior	3,20
11124	Carrots, raw	3,20
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	3,10
01105	Milk, chocolate beverage, hot cocoa, homemade	3,10
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	3,10
16097	Peanut butter, chunk style, with salt	3,10
16167	USDA Commodity, Peanut Butter, smooth	3,10
16397	Peanut butter, chunk style, without salt	3,10
19205	Egg custards, dry mix, prepared with 2% milk	3,10
01049	Cream, fluid, half and half	3,00
01050	Cream, fluid, light (coffee cream or table cream)	3,00
01052	Cream, fluid, light whipping	3,00
01053	Cream, fluid, heavy whipping	3,00
01054	Cream, whipped, cream topping, pressurized	3,00
01199	Cream, half and half, fat free	3,00
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	3,00
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	2,90
01001	Butter, salted	2,80
01002	Butter, whipped, with salt	2,80
01145	Butter, without salt	2,80
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	2,60
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	2,60
25038	Snacks, granola bars, soft, almond, confectioners coating	2,50
03117	Babyfood, fruit, applesauce, junior	2,40
03994	Babyfood, fruit, banana and strawberry, junior	2,40
11529	Tomatoes, red, ripe, raw, year round average	2,30
09040	Bananas, raw	2,20

NDB_No	Description	Fluoride, F(µg) Value Per
09252	Pears, raw	2,20
16032	Beans, kidney, red, mature seeds, raw	2,20
16038	Beans, navy, mature seeds, cooked, boiled, without salt	2,20
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	2,20
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	2,20
03003	Babyfood, meat, beef, junior	2,10
19917	Candies, M&M MARS Pretzel Chocolate Candies	2,10
25060	Snack, Pretzel, hard chocolate coated	2,10
02047	Salt, table	2,00
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	2,00
03139	Babyfood, prunes, without vitamin c, strained	2,00
03221	Babyfood, dessert, dutch apple, junior	2,00
09070	Cherries, sweet, raw	2,00
09279	Plums, raw	2,00
11333	Peppers, sweet, green, raw	2,00
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	2,00
09081	Cranberry sauce, canned, sweetened	1,90
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	1,70
02046	Mustard, prepared, yellow	1,50
03995	Babyfood, banana with mixed berries, strained	1,50
09326	Watermelon, raw	1,50
07006	Bockwurst, pork, veal, raw	1,40
03005	Babyfood, meat, veal, strained	1,30
03158	Babyfood, fruit, pears and pineapple, strained	1,30
11205	Cucumber, with peel, raw	1,30
11206	Cucumber, peeled, raw	1,30
01128	Egg, whole, cooked, fried	1,20
01123	Egg, whole, raw, fresh	1,10
01131	Egg, whole, cooked, poached	1,10
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	1,10
11282	Onions, raw	1,10
03099	Babyfood, vegetables, carrots, strained	1,00
03105	Babyfood, vegetables, squash, junior	1,00
03108	Babyfood, vegetables, sweet potatoes strained	1,00
03116	Babyfood, fruit, applesauce, strained	1,00
03132	Babyfood, fruit, pears, strained	1,00

NDB_No	Description	Fluoride, F(µg) Value Per
03159	Babyfood, fruit, pears and pineapple, junior	1,00
03165	Babyfood, fruit, apple and blueberry, junior	1,00
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	1,00
09111	Grapefruit, raw, pink and red and white, all areas	1,00
09181	Melons, cantaloupe, raw	1,00
11109	Cabbage, raw	1,00
11110	Cabbage, cooked, boiled, drained, without salt	1,00
11135	Cauliflower, raw	1,00
11751	Cabbage, common, cooked, boiled, drained, with salt	1,00
11761	Cauliflower, cooked, boiled, drained, with salt	1,00
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	1,00
01132	Egg, whole, cooked, scrambled	0,80
03964	Babyfood, fortified cereal bar, fruit filling	0,80
03104	Babyfood, vegetables, squash, strained	0,70
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	0,70
01206	Cream substitute, flavored, powdered	0,60
03934	Babyfood, corn and sweet potatoes, strained	0,50
19919	Candies, fruit snacks, with high vitamin C	0,50
11672	Potato pancakes	0,40
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	0,40
42178	Mayonnaise, made with tofu	0,40
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	0,30
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	0,30
25036	Snacks, granola bites, mixed flavors	0,30
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	0,30
01057	Eggnog	0,20
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	0,20
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	0,20
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	0,20
03209	Babyfood, crackers, vegetable	0,10
03217	Zwieback	0,10
19193	Puddings, rice, ready-to-eat	0,10
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	0,10
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	0,10
25037	Snacks, pita chips, salted	0,10
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	0,10

NDB_No	Description	Fluoride, F(µg) Value Per
03001	Babyfood, juice treats, fruit medley, toddler	0,00
03128	Babyfood, fruit, apricot with tapioca, junior	0,00
03130	Babyfood, fruit, peaches, strained	0,00
03131	Babyfood, fruit, peaches, junior	0,00
03997	Babyfood, Baby MUM MUM Rice Biscuits	0,00
05338	USDA Commodity, Chicken, canned, meat only, with broth	0,00
09520	Kiwifruit, ZESPRI SunGold, raw	0,00
11370	Potatoes, hash brown, home-prepared	0,00
11657	Potatoes, mashed, home-prepared, whole milk added	0,00
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	0,00
14021	Beverages, Energy drink, Citrus	0,00
18209	Cookies, sugar wafers with creme filling, regular	0,00
19051	Snacks, rice cracker brown rice, plain	0,00
19136	Candies, HERSHEY'S SKOR Toffee Bar	0,00
19335	Sugars, granulated	0,00
19913	Candies, NESTLE, BUTTERFINGER Crisp	0,00
20118	Noodles, flat, crunchy, Chinese restaurant	0,00
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	0,00
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	0,00
25025	Snacks, soy chips or crisps, salted	0,00
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	0,00
25028	Tortilla chips, yellow, plain, salted	0,00
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	0,00
25040	Snacks, vegetable chips, made from garden vegetables	0,00
25045	Formulated bar, high fiber, chewy, oats and chocolate	0,00
25046	Snacks, bagel chips, plain	0,00
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	0,00
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	0,00
25059	Snacks, brown rice chips	0,00